



NEWSLETTER

KOMATSU



INSIDE:

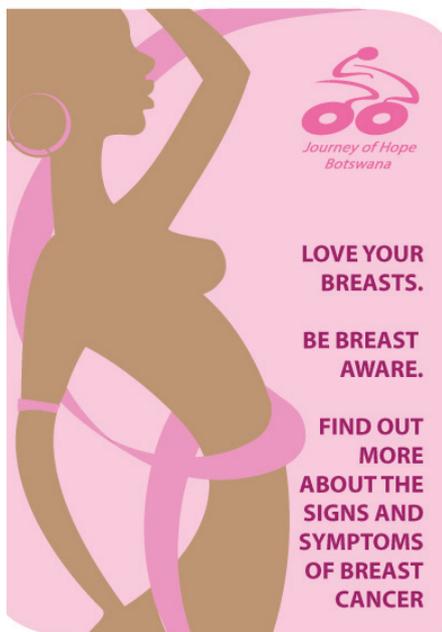


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BIG JOURNEY 2016

YOU ARE NEVER TOO OLD FOR SOME TLC
TOUCH. LOOK. CHECK.



GA GOKE GOTWE O TSOFETSE GO DIRA TLT
TSHWARA. LEBA. TLHATHOBA.

ON THE ROAD AGAIN

visit our website www.joh.org.bw
for more photos of the Big Journey

This year the Journey of Hope team set off on their seventh, and shortest Big Journey since its inception in 2010. Instead of travelling thousands of kilometres to reach the men and women of Botswana, this year they decided to focus on **Moshupa, Kanye, Lobatse and Otse**. The locations were closer to Gaborone, but the message of early detection was just as important.

Over a period of one week (31 July - 05 Aug 2016), the 'pink ladies' braved cold mornings and hot afternoons, to spread the message that *'Early detection of breast cancer can save lives'*. After a tummy warming breakfast of coffee and giant muffins, courtesy of **Mugg and Bean** at Sebele Mall, the team left on a chilly Sunday morning to TOUCH, LOOK, CHECK. The team was made up of Riders, Crew members, Doctors and nurses from **Lenmed Health Bokamoso Private Hospital**, and the **Ikgalemele** team from **KBL**. **Barloworld** provided the pink support vehicles, which were driven by the highly skilled drivers from **Seriti, Avis, Bank Gaborone** and **Silverton**. The **Komatsu** ladies also joined us as support crew.

Fifty men and women were referred to Bokamoso hospital for ultrasounds and mammograms, which were paid for by Journey of Hope Botswana.

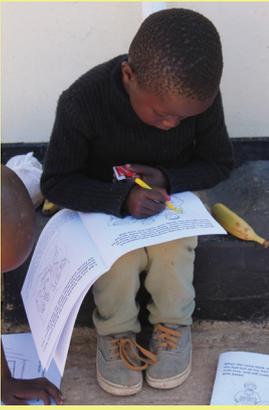


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- ✉ info@joh.org.bw
- ☎ (+267) 72305012
- 📘 Journey.of.hope.Botswana

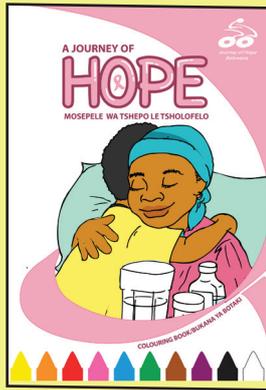
together we take breast cancer awareness around Botswana

FOR THE KIDS

JUST ADD COLOUR



The HOPE colouring book has proved to be a great initiative and valuable learning tool. The booklet is aimed at educating young children about what happens when a parent has Breast Cancer. It is designed to promote an understanding of the disease, and to remind us all that it is important to love and support our family members when they have Breast Cancer.



Whilst their parents were sitting through Self Examination presentations and queuing for breast exams, the kids were kept busy colouring and reading the illustrated story of hope, written in both English and Setswana.

LEPHEPE OUTRIDE

WE WENT FOR A LITTLE RIDE



On 05 June 2016, we went on an outride to Lephepe village, in the Kweneng District of Botswana. Outrides are day trips that the Pink Ladies take, in order to keep spreading the Breast Cancer Awareness message, outside of the annual Big Journey.

On this outride, we examined 75 women, and paid for 4 women to come to Gaborone for further consultation. Luckily none of the women examined were diagnosed with breast cancer. One was referred to Scottish Livingstone Hospital for the removal of her benign (non-cancerous) lump, and Dr Awang (Bokamoso Private Hospital) removed a benign lump from one of the women's breasts, under local anesthesia.

A MAN ON A PINK BIKE

what is he thinking?

Helga Van Rensburg

THIS ride is dedicated to all the "behind the scene survivors" of breast cancer! The husbands and uncles and fathers, sons and brothers who are also taking part in this "ride for life"! The men who are there every peddle push along the way....

When your spouse, daughter or sister is diagnosed with breast cancer, you are forced into this world of pinkness – a world of coping with this "thing", which you don't understand.

This "thing" that is not about you, but it affects every part of your being as you are a loving spouse or caring brother. As a man, you try to be there, you cope and support but you have no idea what you are doing or what to say to the woman you love. What do you do? You wear pink, you get on your bike and you start to peddle – one push at a time!

Then you meet the supporters. The doctors, nurses, preachers and friends - those "extra gears" in your race. You need to make an effort to notice them! They are not part of your situation unless you ask for help and support.

This race is dedicated to the men who are greatfull for every waterhole along the way. Who are willing to take a breath, willing to cry out and to admit that you can't do this alone! This ride is to celebrate those men taking on this uphill challenge and to those men navigating the down hills without a suspension.

Here is to the men and supporters in pink!



images: Brenda Gerber



In June 2016 Ado Van Rensburg rode 240km barefoot (on a bike with one gear and no suspension), in the Botswana Kalahari Challenge, a 3 day offroad mountain biking event.

PUTT, PUTT...



GOLF DAY Mardi Bra

13 MAY 2016

This year the corporate community of Gaborone came to the party, in more ways than one, to help us raise over P200 000 to be used to advance our breast cancer awareness activities.

This year the theme was Mardi Bra, and the players did not disappoint! They came dressed in a variety of colourful outfits, played throughout the day and partied into the night.

We are grateful for all the funds raised, and look forward eagerly, to next year's unique golf day event. Any theme suggestions?



Visit our facebook page www.facebook.com/Journey.of.hope.Botswana to view more images from our Golf Day event

Thank You KOMATSU



Komatsu for the past 4 years have been an extremely major sponsor of Journey of Hope, helping financially to spread our message of Breast cancer education and early detection saves lives.

Komatsu officially opened their office in Gaborone in 2000 and have continuously helped many charity organisations throughout the country.

We at JOHB are extremely proud to have Komatsu on board as a valuable sponsor, and enjoy their annual participation on our Big Journey. Every year members of their senior staff travel with us across Botswana, to help disseminate the much needed *Early Detection* message.

Thank you for changing lives!

LOOK OUT FOR OUR NEW KOMBI,
AS WE BRING BREAST CANCER
AWARENESS YOUR WAY!



WHAT SHALL WE CALL HER? LET US KNOW!
www.facebook.com/Journey.of.hope.Botswana




BREAST EXAM RESULTS 2016

MOSHUPA
119 BREAST EXAMS
05 REFERRALS

KANYE
600 BREAST EXAMS
26 REFERRALS

LOBATSE
482 BREAST EXAMS
15 REFERRALS

OTSE
127 BREAST EXAMS
04 REFERRALS

1328

WORLD CANCER DAY



This year we joined Cancer Association of Botswana (CAB), Ramotswa Hospice and Greater Gaborone DHMT, to commemorate World Cancer Day 2016, under the theme 'We Can, I Can'. The Day started with an awareness event at Tshiamo Primary School in Gaborone, and ended with an awareness walk to CAB, in the evening. 

TO THE MOON AND BACK



MAUN MOONWALKERS

On August 18 this year, the Maun Moonwalkers set off on their annual moonwalk across the Makgadikgadi Pans, to raise P252 000 towards Breast Cancer Awareness. It took 23 gruelling hours, but all the ladies started and finished the 90km and 56km distances they had set as their respective individual challenges.

The Journey of Hope ladies drove to Maun to joined the community to welcome the blistered, exhausted but victorious Moonwalkers home on Saturday 20 August. 

----- Thank you for all your support! -----



We make and distribute these cushions for free, to assist women following a mastectomy

RIDING FOR OUR ANGELS



"I always wanted to give back as there was nothing I could really do to help Glenda at the hardest and darkest hour."



Tammi McAllister and Ross Branch love to ride off-road bikes. Proceeds from her team's participation in the **Toyota 1000 Desert Race**, June 2016, were split between Journey of Hope Botswana and Maun Mover.

THANK YOU



BIG JOURNEY & SPONSORS 2016

MAIN SPONSORS

KOMATSU
KBL
Botswana Life
Barloworld
Maun Moonwalkers
Northside School

RIDER SPONSORS

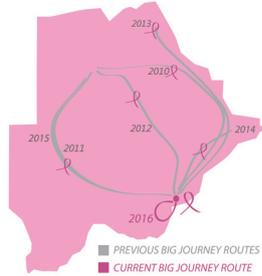
Seriti
 Time Projects
 STIHL
 Silverton
 Coastal Hire
 Spar
 Thornhill School
 JCB
 Paul Munik Architects
 Vidac
 All Office
 Choppies
 Bokomo (White Star)
 Sefalana
 Tongaat Hulett (Blue Crystal)

OTHER SPONSORS

M & P Cables
 Komatsu
 Barloworld
 Seriti
 Bank Gaborone
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 Bokamoso
 Town Lodge
 Mugg and Beans
 BEMS
 Vivo Energy
 Grandpalm
 Parts Sales
 Botscon
 Fleetline Graphics
 Brenham Pty Ltd
 Continental Media

BIKE SPONSORS

Choppies
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 Rhino
 VTH Heavy Haulage
 Bokamoso
 M & P Cable
 Armstrongs
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 Fastdeck
 Dunlop
 Aluminium2000
 VTH Van and Truck Hire
 Eezigrp Adhesives



A MILLION THANKS!

Since 2008, the Standard 7 learners at Northside Primary School have been raising funds for Cancer Awareness, and donating them to Journey of Hope Botswana and Cancer Association Of Botswana. This year they raised P160 000, bringing their fund-raising total to over P 1 000 000. We are humbled by the commitment, and grateful for the P 90 000 donation that we received on Friday 02 December, 2016.



Thank you, Cresta



P15 000 was donated from the Jwaneng Cresta Golf Day, towards awareness activities

Why i volunteer at Journey of Hope

Having had numerous scares with lumps, I realised the importance of early detection: Touch, Look, Check are three easy ways to learn: JOH teaches this with ease to all the crowds of ladies and gentlemen they see: A truly amazing group of people to be part of

Clair

Why i volunteer at Journey of Hope

Our family first became involved with the JOH as sponsors: Little did we know that Breast Cancer would strike very close to home last year. We found in JOH just that - HOPE! We are thankful to each and every precious person we have met. In giving, you receive so much more!

Suzie

Dr Khalil

We would also like to thank Dr Khalil, a surgeon at Karong Clinics in Gaborone, for assisting with free breast surgery to remove a fibradenoma lump.

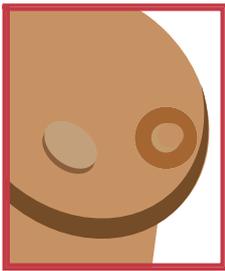
Thank you to the **MINISTRY OF HEALTH** and the respective **DHMTs** for the continued support, with allowing us to conduct awareness in clinics nationwide.



TSHWARA. LEBA. TLHATLHOBA

OCTOBER IS BREAST CANCER AWARENESS MONTH

DO YOU KNOW WHAT TO CHECK FOR?

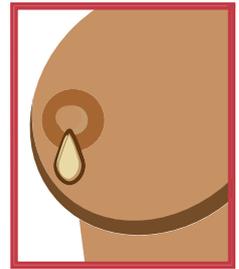


A lump on the breast or armpit - may not be seen, but might be felt

Kgwethe mo lebeleng kgotsa mo legwafeng - e ka tswa e sa bonale mme e utlwala.

Nipple discharge. This can be pus-like or blood stained

Se se tswang mo thobeng; Boladu kgotsa metsinyana a nang le madi

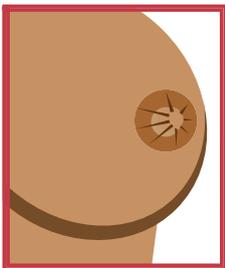
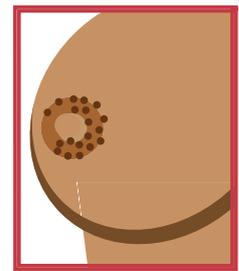


Changes in skin texture; e.g. dimpling or puckering

Diphetogo tsa boleng jwa letlalo. Sekai; go bobetsega

Rash or crusting

Bogwata kana go oboga ga letlalo.

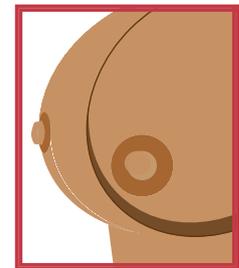


Changes in the appearance of direction of nipple

Go fetoga ga tebego ya thoba, kgotsa go hunyela

Unusual changes in the size of one of the breasts

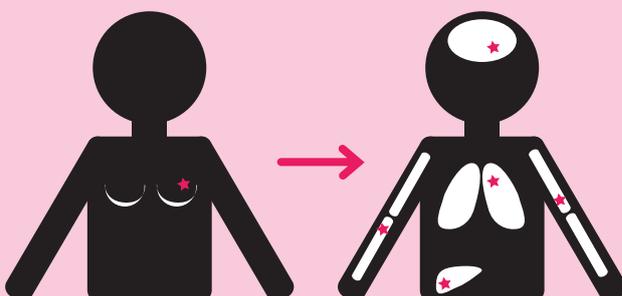
Go gola ga lebele le lengwe, mo go sa tlwaelesegang



CHECK ANY CHANGES TO YOUR BREASTS, WITH YOUR DOCTOR

WHAT HAPPENS IF I IGNORE THE SIGNS?

Never ignore the signs, because the cancer cells will keep growing inside your body. Eventually they become **metastatic breast cancer** and spread to your brain, lungs, bones and liver. This will make treatment difficult. **Early detection leads to early treatment.**



Why i volunteer at Journey of Hope

Because a close friend of mine was diagnosed with breast cancer and beat it.

Knowledge is Power!

Rita

Why i volunteer at Journey of Hope

I've had cancer, not once but twice. I know how scared and alone i felt when I found the lump, and had to wait weeks for diagnosis. By being in JOH, I hope I can support other women in the same situation - reduce fear, give hope, be there with them and for them.

Brigid

Why i volunteer at Journey of Hope

I grew up with a fear of the word 'cancer' because I didn't understand it. Then I heard of JoHB and met real people who had survived this 'killer disease'. Real women who now wanted to help other women in Botswana, to beat cancer. How could I say no, to being a part of that?

Onica

Why i volunteer at Journey of Hope

Having the knowledge to do something about my own breast cancer gave me a second chance for life.

I can't just stand by and watch women die unnecessarily. They need to fight the pink fight, even when it seems impossible.

Sandi

TRUE OR FALSE?

BREAST CANCER CAN BE SPREAD BY BREASTFEEDING
FALSE

Breast cancer cannot be spread by breastfeeding your child. The milk will not contain cancer cells. If you are undergoing cancer treatment, you may have to stop breastfeeding, to focus on your healing.

WOMEN WITH BIG BREASTS ARE AT RISK OF GETTING CANCER
FALSE

Women of all breast sizes are at risk. Never ignore the signs because you have small breasts

BREAST CANCER HAPPENS BECAUSE OF WITCHCRAFT
FALSE

Breast cancer is a disease that can happen to anyone. The risk becomes higher once you are over the age of 45.

BREAST CANCER NEVER HEALS. IF YOU GET IT YOU WILL DIE
FALSE

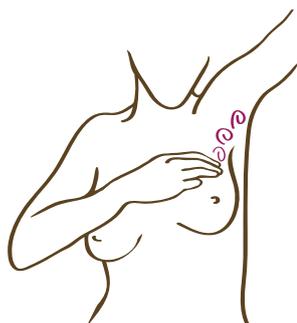
Breast cancer can be treated. The earlier you seek medical help, the easier it is, to treat. Don't delay treatment.

MEN DO NOT GET BREAST CANCER
FALSE

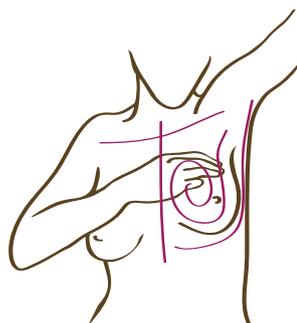
Men, like women, do get breast cancer. The signs are the same, so do not ignore changes to your breasts.

LEARN HOW TO DO A SIMPLE SELF EXAM

You need to know the look and feel of your 'normal' breasts. This way, you will be able to identify any changes quickly. Do this self exam at least once a month.



Start with the armpit, using small circular movements



Follow a pattern to ensure you cover the entire breast area

DID YOU KNOW?

NOT EVERY BREAST LUMP MEANS BREAST CANCER

Every woman is advised to get her breasts checked regularly. This means doing a self examination at home (in front of the mirror) at least once a month, and going to your doctor to have your breasts examined professionally, at least once a year.

Although you may be worried about finding lumps in your breasts, the good news is that not all breast lumps are a sign of cancer. Depending on your age, and the results of your ultrasound or mammogram, your breast lumps could mean;

● FIBROADENOMA

These are solid smooth lumps in the breast. They may appear in one or both breasts as singular or multiple lumps. **They occur mostly in teenagers and women under the age of 30.** They can be detected through an ultrasound of the breast. Sometimes they can be painful, but they are **NOT** cancerous lumps.

● BREAST CYSTS

Breast cysts are round fluid filled lumps which can grow inside the breast. **They may appear in one or both breasts as singular or multiple lumps.** They affect women of all ages. They can be detected through an ultrasound of the breast. Sometimes they can be painful, but they are **NOT** cancerous lumps.

● CALCIFICATIONS

These are small solid lumps that are found in the breast. They are a result of calcium deposits and occur mostly in middle aged women. **They can be detected through a mammogram of the breast,** and will look like small white spots. These lumps are painless. Most of the time they are **NOT** cancerous.

● LIPOMA

These are soft fatty lumps which may grow **AROUND** the breast area (armpit, neck, upper arms and back). They occur mostly in middle aged women. These lumps are painless, and are **NOT** cancerous lumps.

Always get every lump checked and diagnosed by a doctor. Never diagnose yourself.

SPREADING THE MESSAGE

Every October is Breast Cancer Awareness month, and we took the opportunity this year, to support the initiative. We were invited to a number of wellness and awareness events, and were more than happy to oblige, and continue to spread the Early Detection message.

LADIES HIGH TEA @Northside Primary School



This is an annual event organised by Northside Primary School, to raise funds that are then donated to Journey of Hope Botswana, and Cancer Association of Botswana.

W WOOLWORTHS

Thank you, WOOLWORTHS!

We are grateful for the **clothes** that were donated to destitute children in Lephepe village in June 2016, the **daily fresh fruit** that was shared out between the women lined up for breast exams, as well as the children who came to while away time by colouring in, whilst their parents were being examined.

We would also like to acknowledge the commitment to supply a young mother in Maun, with **fresh fruit and vegetables**, to help with her nutrition, whilst she undergoes breast cancer treatment at Letsholathebe Hospital in Maun.

BOTSWANA LIFE Wellness Day



BOKOMO Wellness Day



Bokomo surprised us with a donation of **P29 682.00** which was raised during Breast Cancer Awareness month. Fifty thebe from the sale of each White Star maize meal product sold in October 2016 was donated towards JOHB.

CURVES PINK WALK



For more pictures from our October activities, please visit www.facebook.com/Journey.of.hope.Botswana

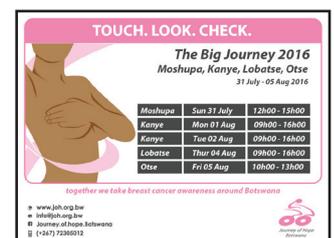
BIG JOURNEY PRINT CAMPAIGN 2016



Teaser Ads



Venue Posters



Newspaper Ads

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